

February - 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Tuesday Lunch Program Menu: \$3.00/person 2/06 = Salisbury steak 2/13 = Chicken parm. 2/20 = No meals today 2/27 = Beef stew/bread All meals served with dessert, coffee & tea,		1 9:00 Art Assoc.Class 9:30 Chair Yoga 1:00 Oil Painting 1:00 Knit/Crochet 1:00 Computer 102 1:00 Contract Bridge 1:00 Rummikub Game	2 9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 12:30 Quilting Class 1:00 Women's poker
5 9:00 Exercise 10:00 Scrabble 12:00 Poker 12:30 Line Dancing	6 9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 Vision Group* 10:00 SHINE appoints. 11:00 Computer 101B 12:00 Lunch Program* 12:30 Bridge 1:00 Cribbage	7 Shopping Shuttle/Shaws 9:00 Exercise 10:00 Handicrafts 12:00 Poker 1:00 BINGO*	8 Van Trip to Christmas Tree Shop 9:00 Art Assoc.Class 9:30 Chair Yoga 10:00 Photography 1:00 Oil Painting 1:00 Knit/Crochet 1:00 No Computer 1:00 Contract Bridge 1:00 Rummikub Game Trip Sign up (9-12)*	9 9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 12:30 Quilting Class 1:00 Women's poker Trip Sign up (9-12)*
12 9:00 Exercise 10:00 Trip Lottery for March Trip* 10:00 Blood Pressure at Heritage Apts. 10:00 Scrabble 10:00 Birding Group 12:00 Poker 12:30 Line Dancing 1:00 Belles & Beaux*	13 9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 Blood Pressure at COA Senior Center 11:00 Computer 101B 12:00 Lunch Program* 12:30 Bridge 1:00 Cribbage 3:00 Supper Club/SSH	14 Shopping Shuttle/S&S 9:00 Exercise 10:00 Handicrafts 10:00 Ask the Lawyer (free by appointment) 10:30 TRIAD Meeting* 12:00 Poker 1:00 Valentine's Day Dance. \$2.00* (please call to reserve)	15 9:00 Art Assoc.Class 9:30 Chair Yoga 1:00 Oil Painting 1:00 Knit/Crochet 1:00 Computer 102 1:00 Contract Bridge 1:00 Rummikub Game	16 9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 12:30 Quilting Class 12:30 Ask the Lawyer (free by appointment) 1:00 Women's poker 2:00 COA Board Meeting* (open to public)

<p style="text-align: right;">19</p> <p style="text-align: center;">HOLIDAY PRESIDENT'S DAY COA SENIOR CENTER CLOSED</p>	<p style="text-align: right;">20</p> <p>9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 11:00 Computer 101B 12:00 No lunch today 12:30 Bridge 1:00 Cribbage</p>	<p style="text-align: right;">21</p> <p>Shopping Shuttle/Shaws 9:00 Exercise 10:00 Handicrafts 12:00 Poker 1:00 BINGO*</p>	<p style="text-align: right;">22</p> <p>9:00 Art Assoc.Class 9:30 Chair Yoga 10:00 Photography 10:00 Ombudsman Presentation 1:00 Oil Painting 1:00 Knit/Crochet 1:00 Computer 102 1:00 Contract Bridge 1:00 Rummikub Game 2:00 Assoc. Meeting</p>	<p style="text-align: right;">23</p> <p>9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 12:30 Quilting Class 1:00 Women's poker</p>
<p style="text-align: right;">26</p> <p>9:00 Exercise 10:00 Scrabble 10:00 Birding Group 12:00 Poker 12:30 Line Dancing 1:00 Tea at Savoy*</p>	<p style="text-align: right;">27</p> <p>9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 11:00 Computer 101B 11:00 Red Hat Meeting* 12:00 Lunch Program* 12:30 Bridge 1:00 Cribbage 1:00 Ask the Lawyer (free by appointment) 3:00 Supper Club at Bertucci's Rest.</p>	<p style="text-align: right;">28</p> <p>Shopping Shuttle/S&S 9:00 Exercise 10:00 Handicrafts 12:00 Poker 12:00 Movie Day: "The Wedding Date" (Bring a bag lunch & coffee, pastry, popcorn will be provided)</p>		<p style="text-align: center;"><i>Please note:</i></p> <p>All special activities* will have a write up in this newsletter with informa- tion regarding the activity date, charges, sign up requirements etc.</p> <p>Please check newsletter or call 781-848-1963 for this important information</p>